

## ABSTRACT

### BACKGROUND:

To assess the quality of life in patients undergoing modified radical mastectomy for early breast cancer.

### MATERIALS & METHODS:

This is a prospective study consisting of 50 patients who underwent modified radical mastectomy in our institution from 2013-2015 for early breast cancer. Patients above 60 years of age, all male breast cancer patients, patients with locally advanced disease, patients with metastatic disease and patients not consenting for this study were excluded. Quality of life was assessed 6 months after surgery using a translated version of a customised self designed questionnaire, which is based on Royal college of surgeons questionnaire.

### RESULTS:

In our study, the most common age group among the cases were found to be between 51-60 years (24) age group and the least common age group being 30-40 years (5) age group. Out of the 50 patients 47 patients (94%) did not have any restriction of daily activities and 3 patients (6%) had mild restriction of daily activities. Most of the patients (49) had mild pain and discomfort and 1 patient had severe pain. Among the patients experiencing mild pain 59% (29 patients)

had poor quality of life ,39%(19 patients) had average quality of life and Only 2%(1 patient)had good quality of life.Most of the patients experiencing mild pain was in the 51-60 years age group (23),least in the 30-40 years age group(5) and the rest of the patients (21) in 41-50 years age group.Out of 50 patients 30 had severe psychological impairment,15 had mild psychological impairment and 5 patients had no psychological impairment.Among the patients with severe psychological impairment 29 (97%) had poor quality of life and 1 (3%)had average quality of life.Most of the patients having severe psychological impairment were under 51-60 years age (18),least in 30-40 years age (3) and the rest (9) in 41-50 years age group.Out of the 50 patients 34 were not satisfied in their body image perception,14 partially satisfied and 2 were completely satisfied in their body image perception.Among the patients with unsatisfied body image perception 30 (88%) had poor quality of life and 4(12%) had average quality of life.Most of the patients with unsatisfied body image perception were in 51-60 years age (22),least in 30-40 years age (3) and the rest in 41-50 years age (9). Out of the 50 patients 27 were not satisfied in their sexual life,18 were partially satisfied and 1 was completely satisfied in their sexual life,4 patients were not willing to disclose about their sexual life.Among the patients with unsatisfied sexual life 23 (85%) had poor quality of life and 4 (15%) had average quality of life.Most of the patients with unsatisfied sexual life were in 51-60 years age (19),least in 30-40 years age (1) and the rest (7) in 41-50 years age group.Out of the 50 patients 30 (60%)had poor quality of

life,19(38%) had average quality of life and 1 (2%) had good quality of life.Among the patients with poor quality of life 23 were from low socioeconomic status and 7 were from medium socioeconomic status,among patients with average quality of life 9 were from low socioeconomic status and 10 from medium socioeconomic status and the 1 patient with good quality of life was from medium socioeconomic status.In the 30-40 years age group 3 had average quality of life and 4 had poor quality of life.In the 41-50 years age group 1 had good quality of life ,11 had average quality of life and 8 had poor quality of life.In the 51-60 years age group 5 had average quality of life and 18 had poor quality of life.

## CONCLUSION:

From this study we have concluded that the quality of life is poor in majority of the patients undergoing modified radical mastectomy for early breast cancer with most of the patients having psychological impairment,unsatisfied body image perception ,unsatisfied sexual life and mild pain.In addition to these factors socioeconomic status of the patient also affects the quality of life in these patients.

**KEYWORDS:**

Quality of life,early breast cancer, modified radical mastectomy.